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Good morning Ms Cathy Thompson

August 10, 2016

Leading The News

Volunteer Work May Be Good For Mental Well Being, But Only After Age 40, Study Indicates.

[Reuters](#) reports, "Volunteer work may be good for...mental wellbeing, but only after age 40," researchers found after analyzing "survey responses from adults in 5,000 British households, including more than 66,000 responses for 1996, 1998, 2000, 2002, 2004, 2006 and 2008." The [findings](#) were published online Aug. 8 in BMJ Open.

[TIME](#) (8/9, Sifferlin) points out, "Other [research](#) has suggested that people over age 50 who volunteer regularly are less likely to develop high blood pressure than non-volunteers." Also covering the study are the [CBS News](#) (8/9, Welch) website and the [Huffington Post](#) (8/9, Emiling).

Psychiatric News Alert



[Meta-Analysis Suggests SSRI Treatment Gains Happen Early in Pediatric OCD Patients](#)

[Combining SSRIs With Statins May Boost Antidepressant Effectiveness](#)

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Psychiatric Treatment/Disorders

Studies Reach Conflicting Conclusions About Impact Of High School Athletics On Addiction.

[Fox News](#) (8/9, Hein) reports that given the growing opioid and heroin addiction crisis, researchers are attempting to determine how and when abuse starts. Some have suggested that high school athletics could be one source of the epidemic, yet to date, studies "have produced conflicting results regarding whether participation in sports encourage[s] or discourage[s] drug and substance abuse." The article says a 2014 [analysis](#) published in the Journal of Child and Adolescent Substance Abuse concluded that more "teen athletes were abusing prescription painkillers, and that football players were more likely than other athletes to abuse the drugs," yet a new [study](#) conducted by researchers at the University of Michigan "found that sports may actually protect teen athletes from abusing opioids and heroin."

Low-Grade Depression Difficult To Unmask, May Lead To Increased Risk Of Major

Depressive Episode.

In a piece focused on how people cope when suffering from anxiety and high-functioning, low-grade depression, [Medical Daily](#) (8/9, Olson) points out that “because of the high risk of major depressive episodes, those who have low-grade depression should seek immediate treatment at the first sign of an issue, though it can be difficult to unmask the disorder; it often presents itself as a string of bad days or feeling low throughout a season or semester.” Sadly, even though “anxiety disorders are highly treatable...roughly one-third receive treatment,” statistics from the Anxiety Depression Association of America indicate.

Government and Psychiatry

States Moving Beyond ACA Debate To Focus On Prescription Medication Prices, Single-Payer Model.

The [AP](#) (8/9, Alonso-Zaldivar) reports that political activists are “moving beyond” the Affordable Care Act, and they “are looking to state ballot questions to refocus the nation’s long-running debate over government’s role in health care.” For instance, in California, “voters will decide whether to lower some prescription drug prices, while Coloradans will vote on a state version of a ‘single-payer’ government-run health system.” The article says insurers and drugmakers are spending millions of dollars to ensure that neither initiative passes.

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Other News

Minority Patients Are Less Likely To Be Prescribed Opioids For Pain.

In a nearly 1,500 word article, the [New York Times](#) (8/9, A1, Goodnough, Subscription Publication) reports that black and Hispanic patients are less likely to be prescribed opioids than white patients in the US, according to numerous studies. Some researchers have suggested that differences in insurance coverage can explain the disparity, while others have found evidence that the disparate treatment is the result of racial bias that makes physicians less sympathetic to the pain of minority patients.

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